

JOIN US FOR FUN MONTHLY EVENTS



Special Seminars Muffin Mingle BUNCO PoKeNo Bingo

Activity	Date	Time	Location
Coffee & Conversations	Weekly on Wednesdays	8:00AM-10:00AM	Pontchartrain Drive
BINGO \$5 to play	Wednesday, 2/4	12:30PM	Military Studio One
BUNCO \$5 to play	Monday, 2/9	12:30PM	Gause Mind Body Studio
Krewe of CG Carnival (Sign up by 2/10)	Thursday, 2/12	12:30PM	Military Sportsplex
Fat Tuesday Gause Open Special Class	Tuesday, 2/17	11:15AM	Gause Studio One
MUFFIN MINGLE	Monday, 2/23	10:15AM	Gause Cafe
POKENO \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, 2/24	12:30PM	Pontchartrain Drive
Fit 60 Lunch (Sign up by 2/20)	Wednesday, 2/25	12:30pm	Military Cafe

Aches & Pains? Recovering from Surgery?

Let Physical Therapy Help You.

Free Consultations For Members Available at All Locations



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CG|FIT60+

FEBRUARY



CROSS GATES CELEBRATES 45 YEARS

Krewe of Cross Gates

LIVE MUSIC

w/ Missi from Witness

KING CAKE

Member Potluck

Sign Up at the Front Desk



Thursday, 2.12 | 12:30pm
Military Rd. Location
Sports Complex



Fit60+ Luncheon

Wednesday, 2.25
12:30 at Military Rd.
Sign up at Front Desk
by Friday, 2.20

CG|CAFÉ

MILITARY RD. LOCATION

Monday	8:30am Spinergy 8:30am Stretch & Strength	9:00am Aqua Zumba	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min)	11:15am Zumba Gold		5:30-6:30 Intro to Pickleball (1st & 3rd Monday of month)	6:00pm Yoga Beginner Flow
Tuesday	10:00am - 12:00pm Pickleball Indoor Open Play	9:00am Aqua Aerobics	9:30am Les Mills Core (45 min)	10:15 am Pilates 10:30am Dance Gold	11:00am Active Yoga 12:30pm Line Dancing Intermediate	6:00pm Active Yoga	
Wednesday	8:30am Spin	9:00am Aqua Aerobics	9:30am SOULfusion	11:15am Flexercise			
Thursday		9:00am Aqua Aerobics 9:00am Les	9:30am SOULfusion 10:15am Pilates (30min)	11:00am Active Yoga	11:15am Silver Yoga: Seated Chair	12:30pm Int/Adv Line Dancing	5:00pm Les Mills Core 30min 5:30pm Body Pump
Friday	8:30am Spin	9:00am Aqua Zumba	9:30am Barre	10:00am Body Pump	11:15am Silver Sneakers		6:00-7:30pm Pickleball all Instructional Drills (Beginner, Intermediate)
Saturday	7am-9am Pickleball Indoor Open Play(Must Reserve Nets)	8:30am Intermediate Yoga (75 min)					
Sunday	9:00am Spinergy	10:15am Body Pump					

Active: These programs are for the mobile individual actively engaged in life but may want modifications such as low to zero impact while still having the options for intensity. **Gentle:** These classes are for the senior who is ready to slow down slightly with adaptive exercises that are easier on the body and provide options that more closely monitor heart rate and balance while still helping to maintain cardiovascular health, strength and mobility.

TRY THESE CLASS FAVORITES TO GET STARTED TODAY!

Silver Sneakers - Exercises for everyday life activities! Starting in a chair and moving to standing, this class is great for seniors, deconditioned beginners or people with physical challenges. | **Flexercise** - Designed for all skill levels using movements to maintain or enhance strength, flexibility, coordination, and balance while standing and seated. Exercises using hand weights, balls, rhythm sticks, and resistance bands all set to fun music! | **Silver Yoga: Seated Chair** - Gentle yoga using a chair for support. Designed to improve flexibility, stability, balance, and improve range of motion. | **Zumba Gold** - A low impact modified Zumba class for active older adults with super fun moves at a lower intensity. Also incorporates strength work with hand weights. Easy-to-follow choreography that focuses on balance, range of motion and coordination. | **Dance Gold** - A low impact, high energy dance class for active adults focusing on music from 50s, 60s & 70s.

CLASS SCHEDULE

GAUSE BLVD LOCATION

Monday	9:00am Yoga-Latis	9:00am Aqua Aerobics	9:30am Les Mills Core (45 min)	11:15am Flexercise	12:30pm Beginner Line Dancing	5:30pm Spin (45min)	6:00pm Barre	6:45pm Aqua Aerobics
Tuesday	8:45am Spin	9:00am Aqua Aerobics	10:00am Body Pump	11:15am Zumba Gold		5:00pm Les Mills Core (30min)		
Wednesday	5:00am PIYO	9:00am Aqua Aerobics	9:00am Zumba Toning & Stretch	11:15am Silver Sneakers	12:30pm Beginner Line Dancing		5:00pm Les Mills Core (30 min)	
Thursday	8:30am Body Pump	9:00am Aqua Aerobics	9:30am Spin (45min)	11:15am Silver Sneakers		5:00pm Body Pump		6:45pm Aqua Aerobics
Friday		9:00am Aqua Aerobics	9:30am Zumba	11:15am Zumba Gold				
Saturday	8:30am Spin							

PONTCHARTRAIN DR. LOCATION

Monday	8:45am Core & More Strength	9:30am Dance Fit Fusion	11:00am Active Yoga		6:00pm Stretch & Strength
Tuesday	8:30am Active Yoga		11:15am Silver Sneakers		5:30pm Hip Hop Spin
Wednesday	8:30am Step	9:30am Core & More Strength	11:00am Active Yoga		
Thursday	8:30am Spin	9:30am Dance Fit Fusion	11:15am Silver Sneakers		5:30pm Hip Hop Spin
Friday	8:30am Intermediate Step		11:00am Beginner Yoga Flow		
Saturday					

Other Activities Available:

LiveFit Total Wellness

CG | Circuit

Pickleball

Tennis

Racquetball

Personal Training

Physical Therapy

Need more help? Schedule a free Fitness Consultation at the Front Desk.